

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

29 Jun 2026

### evaluation of the effect of emotional intelligence training on the symptoms of patients with borderline personality disorder

#### Protocol summary

##### Study aim

evaluation of the effect of emotional intelligence training on the symptoms of patients with borderline personality disorder

##### Design

The participants in this study are 55 patients with borderline personality disorder who were referred to 22 Bahman Hospital in 1402 and their diagnosis was confirmed by a psychiatrist based on DSM-5 criteria and have the including factors to participate in the study.

##### Settings and conduct

Emotional intelligence will be taught for all participants in groups of 10 to 15 individuals ,weekly for 4 sessions. The duration of each session will be 60 minutes. Emotional intelligence training will be done by an assistant who has already acquired the necessary skills in this field. It should be noted that during the study period, the necessary drug treatments for this disorder will continue. At the beginning of the study, all participants under investigation will fill the borderline personality traits scale questionnaire, which is then will be filled again 1 month and 6 months after the completion of the emotional intelligence training sessions.

##### Participants/Inclusion and exclusion criteria

Including factors are as following: 1. Ages between 18 to 45 years old 2.Individuals should have finished the third grade of middle school 3.Having informed consent  
Excluding factors are as following: 1.Patients with other psychiatric disorders except MDD 2.individuals with substance use 6 month ahead of the study 3.patients with serious self-harming thoughts

##### Intervention groups

emotional intelligence training in borderline personality disorder

##### Main outcome variables

Borderline personality disorder trait test score

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230228057567N1**

Registration date: **2023-04-13, 1402/01/24**

Registration timing: **registered\_while\_recruiting**

Last update: **2023-04-13, 1402/01/24**

Update count: **0**

##### Registration date

2023-04-13, 1402/01/24

##### Registrant information

##### Name

solma moonesirad

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 28 3355 5054

##### Email address

moonesiradsolma@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-04-09, 1402/01/20

##### Expected recruitment end date

2023-10-12, 1402/07/20

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

evaluation of the effect of emotional intelligence training on the symptoms of patients with borderline personality disorder

**Public title**

emotional intelligence training in borderline personality disorder

**Purpose**

Supportive

**Inclusion/Exclusion criteria****Inclusion criteria:**

Patients with borderline personality disorder Ages between 18 up to 60 years old Individuals should have finished the third grade of middle school Having informed consent

**Exclusion criteria:**

Patients with any other psychiatric disorder except MDD Individuals with substance use 6 months before starting the study Having serious self-harming thoughts

**Age**

From **18 years** old to **60 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **55**

**Randomization (investigator's opinion)**

N/A

**Randomization description****Blinding (investigator's opinion)**

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Single

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Ethics committee of Qazvin University of Medical Sciences

**Street address**

No16, Movadat faree alley, vali asr SQ, Shahid Beheshti Blv, Research Ethics committee of Qazvin university of medical sciences

**City**

Qazvin

**Province**

Qazvin

**Postal code**

3419759811

**Approval date**

2022-08-16, 1401/05/25

**Ethics committee reference number**

IR.QUMS.REC.1401.144

**Health conditions studied****1****Description of health condition studied**

Borderline Personality Disorder

**ICD-10 code**

F60.3

**ICD-10 code description**

Borderline personality disorder

**Primary outcomes****1****Description**

Emotional intelligence

**Timepoint**

Filling in the borderline personality disorder characteristics questionnaire before and after emotional intelligence training and 1 and 6 month after teaching emotional intelligence.

**Method of measurement**

Borderline personality disorder characteristics questionnaire

**Secondary outcomes**

empty

**Intervention groups****1****Description**

For all people under study, emotional intelligence is taught in groups of 10 to 15 people weekly for 4 sessions, the duration of each session is 60 minutes. Emotional intelligence training is done by a psychiatric assistant who has already acquired the necessary skills in this field. It should be noted that during the study period, the usual drug treatments for this disorder will continue. At the beginning of the study, all people under investigation complete the borderline personality traits scale questionnaire, which is then completed again 1 month and 6 months after the completion of the emotional intelligence training sessions. The content of the sessions includes the introduction of emotions and emotions as a part of everyday human psychological activities, explanation about the types of positive and negative emotions, the impact of emotions on behavior and thinking, the definition of emotional intelligence, recognizing one's emotions and managing them, self-evaluation and recognizing the weaknesses and strengths of self-knowledge. Other people's emotions, understanding other people's needs and feelings, looking

from other people's point of view, effective communication, getting to know teamwork, using available support resources, investigating problems in interpersonal relationships

**Category**

Treatment - Other

**Recruitment centers****1****Recruitment center****Name of recruitment center**

22bahman hospital

**Full name of responsible person**

Solma Moonesirad

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Pator alley, Rah-ahan St, Qazvin, Iran

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Hospital.bahman@yahoo.com

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Qazvin University of Medical Sciences

**Full name of responsible person**

Dr. Seyyed Mehdi Mir Hashemi

**Street address**

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Researchdpt@qums.ac.ir

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Qazvin University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

Public

**Domestic or foreign origin**

Domestic

**Category of foreign source of funding**

*empty*

**Country of origin****Type of organization providing the funding**

Academic

**Person responsible for general inquiries****Contact****Name of organization / entity**

Qazvin University of Medical Sciences

**Full name of responsible person**

Solma Moonesirad

**Position**

Resident

**Latest degree**

Medical doctor

**Other areas of specialty/work**

Psychiatrics

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**Position**

Resident

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Medical doctor

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## Person responsible for updating data

### Contact

**Name of organization / entity**

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**Full name of responsible person**

Solma Moonesirad

**Position**

Resident

**Latest degree**

Medical doctor

**Other areas of specialty/work**

Psychiatrics

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**Email**

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## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

### Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

### Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

### Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

### Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

### Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

### Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available